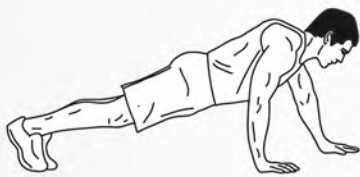


# CORE TWISTER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Switch sides and repeat the sequence again.



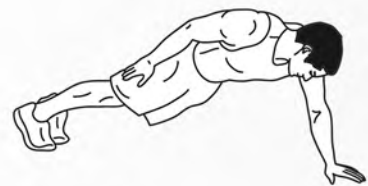
**20 seconds**

staggered plank hold



**20 seconds**

archer plank hold



**20 seconds**

one-arm plank hold



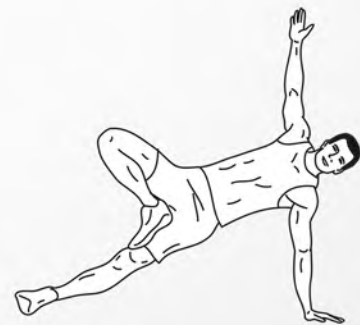
**20 seconds**

knee-to-the-side  
plank hold



**20 seconds**

raised leg plank hold



**20 seconds**

tucked-in  
side plank hold